



Centre Name: Sir Allan MacNab Recreation Centre
Address: 145 Magnolia Drive
Phone: 905-546-3747

For real time program info:
hamilton.ca/gym



GYM SCHEDULE – FALL 2024 – October 7, 2024 – December 22, 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton (Family) 6:15-7:15pm	Cardio Balance and Strength (55+) 9:30-10:30am *\$3.05 cost each visit*	Open Gym (Family) 6:15-7:15pm	Open Gym (9 - 12) 6:15-7:30pm	Open Gym - FREE (9 - 12) 6:15-7:30pm		
Badminton (16+) 7:15 – 9:00pm	Strength Stability and Tone (55+) 10:45-11:45am *\$3.05 cost each visit*	Badminton (16+) 7:30-9:00pm	Open Gym (13 - 17) 7:45-9:00pm	Basketball (13 - 17) 7:30-9:00pm		
	Open Social – Free (55+) 12:00 – 1:15pm					
	Basketball (13-17) 6:15-7:30pm					
	Basketball (18+) 7:30-9:00pm					

NOTES: 55+ Fitness programs will begin as of September 3. Centre will be Closed October 14, 2024 (Thanksgiving)
 Program staff are there to set up and supervise programs and are not there to replace parent/guardian supervision.